

Managing the Stress of Uncertainty



When there are disruptive changes in the world, our life, mental and physical health can be impacted by events and circumstances beyond our control.

Your responses are valid in the context of events that are uncertain and unpredictable. We cannot always avoid or control these unexpected events, or make the current uncertainty go away, but here are some reminders of steps you can take to better cope and manage your distress.

Connect and seek support. Remain in contact with loved ones and people who affirm you. And if needed, seek professional help.

Imagine yourself coping. Bad things happen - but imagine yourself handling them.

Release tension, attune to your body. Stress can lead to physical tension in the body - pause, notice and engage in some muscle relaxation and breathing.

Be honest with yourself. Noticing and acknowledging stressful thoughts can help.

Turn off the news and social media. It may be unrealistic to completely avoid the news or social media, but you can limit your exposure to once a day.

Take your own advice. Ask yourself, “what would I encourage a friend to do?” it can offer reminders of a different approach.

Prioritize grace, compassion and kindness towards yourself. There will be a lot to process, and disappointment and frustration are all normal and inevitable as transitions reveal new challenges. Care for yourself with gentleness and understanding, pace yourself and practice compassion to prevent burnout and harm.

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